

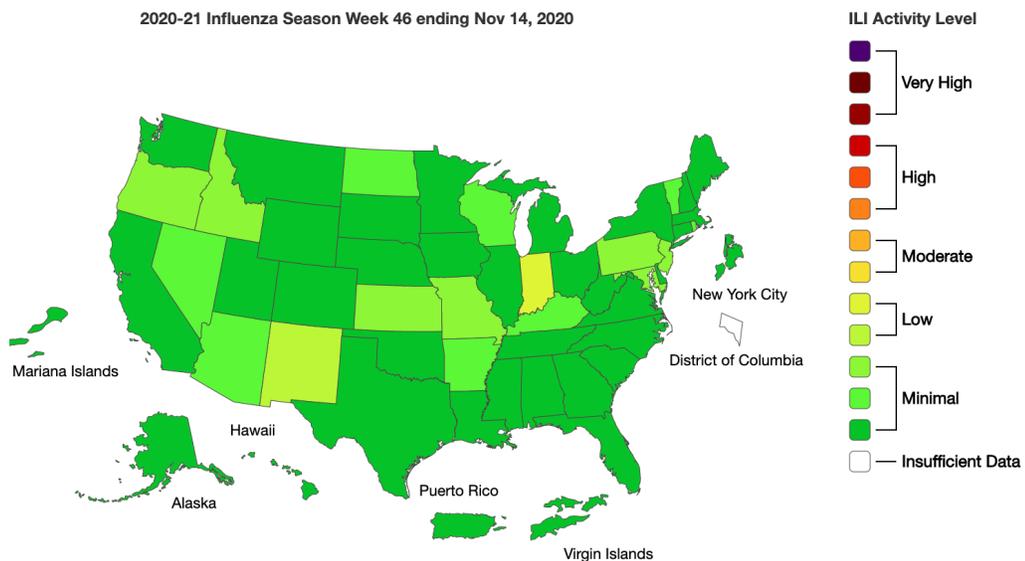


Weekly Flu News



CDC: Weekly Influenza Surveillance Report - Week 46, ending November 14, 2020; [Centers for Disease Control and Prevention](#)

- Seasonal influenza activity in the United States remains low.
- 0.2% of specimens from clinical laboratories tested positive for influenza this week.
- 1.5% of visits to a health care provider were for influenza-like illness (ILI). ILI remains below the national baseline of 2.6%.
- 10.7% of deaths were attributed to pneumonia, influenza, or COVID-19.
- No pediatric deaths have been reported for the 2020-2021 season. A total of 195 children died during the 2019-2020 season.





Thanksgiving 1918 took place during a deadly pandemic. What can it teach us for Thanksgiving 2020?; [The Philadelphia Inquirer](#)

The epidemic that ultimately would claim an estimated 675,000 American lives — probably a tremendous underestimate since it didn't include countless deaths involving preexisting conditions — was on fire in the fall of 1918. Yet on Nov. 28, 1918, the nation celebrated Thanksgiving. As we reflect on the past, it's important to remember that our actions can have a ripple effect. The safest option this Thanksgiving is to limit travel and contact with people outside your home.



Wear a Face Mask to Prevent COVID-19 and Flu; [Insights on Influenza](#)

There are many different actions public health professionals and scientists have recommended we all take to reduce the spread of COVID-19. One of the easiest – and one we see everywhere these days – is wearing a face covering over the nose and mouth. Did you know when you wear a mask, you not only may help prevent COVID-19 infections, you also are reducing the spread of influenza (flu)? Read our blog post to learn more.



Flu Fighters Get a Lift From the Battle Against Covid; [Bloomberg](#)

The billions of dollars plowed into Covid-19 vaccines have yielded promising results in tests by Pfizer, BioNTech, and Moderna. But for scientists studying another respiratory ailment known to trigger pandemics — influenza — the news is equally important, because it augurs an acceleration of their research. The renewed focus on influenza and the money being spent on Covid prevention will hasten the shift away from egg-based flu vaccine manufacturing as new technologies become more widely accepted.



Echoes of a pandemic: Experts fear lessons from the 2009 H1N1 vaccine drive are being ignored; [The Washington Post](#)

As the United States ramps up for a vaccination drive against the novel coronavirus, boosted by reports of promising results from two major clinical trials, experts are frustrated that many of the lessons of the 2009 H1N1 pandemic have not been addressed. But perhaps the most resounding lesson that emerged from 2009 — and promises to complicate the upcoming distribution — is the lack of ongoing investment in public health.



The Role of the Sun in the Spread of Viral Respiratory Diseases Like the Flu and COVID-19; [Sci Tech Daily](#)

Why do most viral epidemics spread cyclically in autumn and winter in the globe's temperate regions? The answer is intimately related to our sun. Both the prevalence and evolution of epidemics are strongly correlated with the amount of daily solar irradiation that hits a given location on the earth at a given time of the year. The solar UV light that reaches the earth has some disinfecting power on the exposed parts of the planet. For a given location on earth, it is undoubtedly greater when the solar irradiation is stronger (summer) and lower when the solar irradiation is weaker (winter).

Families Fighting Flu Updates

Check out our new suite of Spanish social media graphics [here!](#) Immediately download any of our graphics for use on Instagram, Twitter, Facebook, and LinkedIn.

¿QUIÉNES DEBEN VACUNARSE?



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mayores de 6 meses
de edad



Todos
los años

¡Vacunarse es la **mejor**
manera de prevenir la gripe!



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Comunicación esencial Preguntas frecuentes sobre la gripe y la vacuna antigripal

¿La vacuna antigripal puede causar gripe?

No puede enfermarse por la vacuna antigripal, pero puede experimentar efectos secundarios leves después de vacunarse, ya que el sistema inmunitario del cuerpo se prepara para luchar contra futuras infecciones de gripe.



¿Por qué debo vacunarme contra la gripe todos los años?

Existen muchas cepas diferentes (tipos de gripe) que pueden enfermarse a las personas y estas pueden cambiar de un año a otro a medida que los virus de la gripe evolucionan. Para adaptarse al cambio de las cepas circulantes de la gripe, las vacunas antigripales se modifican todos los años.

¿Por qué debería preocuparme por la gripe?

Cualquier persona puede verse afectada por la gripe sin importar su edad, estado de salud, sexo o estilo de vida. La gripe puede provocar rápidamente enfermedad y, en algunos casos, complicaciones potencialmente mortales.



Recuerde: No es "solo" gripe, es una enfermedad grave.

Need a reminder to get your annual flu vaccine? Text FIGHTFLU to 47177 to sign up for key flu and flu vaccine information to stay healthy this season!

TEXT:
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TO:
471-77

FAMILIES
FIGHTING FLU, INC.

471-77
FIGHTFLU
Thank you for joining Families Fighting Flu's reminder program to ensure you get your annual flu vaccine this flu season!

Make the Families Fighting Flu [Vaccination Promise!](#) Commit to getting your annual flu vaccine and sign your name on the Promise Wall.

Protect yourself, your family,
and your community.



Make the
**Families Fighting Flu
Vaccination Promise!**



Flu Champions

Are you interested in flu education and advocacy? Become a [Flu Champion](#) in your community to inform others about the seriousness of flu and the importance of flu prevention and treatment.

Symptom Survey

Have you or someone you care for had the flu? Please take the following survey to tell us:

- which symptoms you consider most important
- what a meaningful improvement looks like
- what recovery means to you and your family

You can access it [here](#) by using the password SymptomSurvey2020

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

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